**S.O.S. LIST**

Use these exercises when you are feeling anxious or panicked

1. Picture a dandelion that is completely fluffy and full of seeds. Take a deep breath in and blow it out slowly and long enough to blow all the seeds around. Where did those seeds land?

2. Imagine or draw a square on paper. With your finger, trace around the sides of the square, following this breathing: Hold, 2, 3, 4

Breathe In, 2, 3, 4 Breathe Out, 2, 3, 4 Hold, 2, 3, 4

3. Take a walk. What can you see, hear, smell, feel, taste?

4. Play the alphabet game where you are now: What in the room starts with “A?” What starts with “B?” Keep going until you feel calm.

5. Imagine your favorite place and go there in your mind as if you were there in person. What do you see? What can you hear? Can you smell anything from your favorite place? What can you feel?

6. Go on an opposite scavenger hunt. Can you find things in the room that represent an opposite pair? Something old and something new? Something light and heavy? Something bright and dark?

7. Smile and laugh. It feels weird, but go ahead and fake it! Laugh like a hyena would; then an obnoxious laugh, then a shy laugh, then a silly laugh. How do you feel now?

8. Pretend you are holding a bubble wand. Take a deep breath and blow out slowly to try to get the biggest, longest bubble possible. You can imagine your worries being carried away in the bubbles.

9. Curl your fingers and tap the top of your head with both hands and imagine refreshing rain drops falling down on you. Move your fingers to the back of your head and slowly back to your temples, noticing the sensations.

10. Put on your favorite song and dance. Draw/write about your feelings right now.

11. Take a warm bath or splash cold water on your face.

12. Watch cute kittens (or your favorite cute thing) videos on YouTube.

13. Play with your pet.

14. Act the opposite of how you feel right now.

15. Make a list of things that make you happy/things you are grateful for. Imagine each one of those things is in front of you right now. What do you see/hear/smell/feel/taste?

16. Do 20 jumping jacks. Run in place for 20 seconds. Move your body until you feel calmer.

17. Set a timer for 1 minute. During that minute focus on what you can see, hear, smell, taste and feel (touch).

18. Imagine the sound of waves at the beach. Close your eyes, breathe in and out through pursed lips so you can hear the exhale. Imagine your breath is the waves rolling in and out to the shore.

19. Imagine a stream or river with leaves on top that float downstream and out of view. Put a thought on a leaf and watch it float away. Can you put a feeling on a leaf and watch it float away? What’s happening in your body?

20. Make a fist and squeeze it as hard as you can. Try to imagine turning your fist into a rock. Then release all of the tension as if it had been transformed into a floppy, dangling sock. Can you do this with other body parts?